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Calgary metro

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metroNEWS

Your essential daily news | MONDAY, MARCH 6, 2017

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ELIZABETH CAMERON/FOR METRO



The Eagle soars again

Former Olympian Eddie Edwards back to inspire a new generation of ski jumpers,
metroNEWS

City transit revenue down \$17M

RIDERSHIP

Economy a factor in 12 per cent drop in 2016 adult fares



Helen Pike
Metro | Calgary

Ridership is down, revenue is down and Calgary Transit's director Doug Morgan is concerned about the slow burn effect the economy has had on the transit system.

In 2016, fare revenue was down nine per cent. That translated to a decrease of \$17 million. Revenues from adult ridership fares were hit hardest falling 12 per cent last year. Transit travel overall is down 6.8 per cent.

"Congestion is down, parking is cheaper, there's a lot of people not working, so what we've seen is that impact on our major mar-

ket, which is downtown commuters," said Morgan. Instead of riders dropping the system all together in the downturn, Morgan said they're seeing a five per cent uptick in low-income pass holders for adults and 22 per cent for youth. And faithful monthly pass holders now opt for a ticket book here and there for their transportation needs.

According to council direction, Calgary Transit is supposed to cover at least 50 per cent of their costs with revenue. But as of the end of 2016, Morgan said they are now sitting at 49 per cent.

"We're very concerned, but we haven't seen it get any worse," said Morgan. "We bobbed and weaved and made adjustments last year in order to balance our budget. We delayed some of the improvements we had planned." He describes the changes as "slowing growth." They've relied on attrition and the freezing of new hires, as well as tweaks in the bus frequency (running buses every seven minutes instead of five).



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Olympic bid team calls in skeptic

2026 WINTER GAMES

Slide show demonstrates threat of costs running amok

Krista Sylvester
For Metro | Calgary

It's not a question of whether Calgary can host the Olympics but rather should Calgary host the Olympics.

At least that's the belief of the former chair of No Boston Olympics, author of an upcoming book about why cities are rejecting Olympic bids.

Chris Dempsey, Harvard business grad and former assistant secretary of transportation for Massachusetts, recently gave a 74-slide presentation to the Calgary Bid Exploration Committee (CBEC) on why they should recommend against a bid for the 2026 Winter Olympics, citing exorbitant costs with minimal public benefit.

"They (CBEC) deserve credit for bringing in an Olympic skeptic to present to them, making a case for why the Olympics are often a really bad deal for host cities and why the International Olympics Committee (IOC) shouldn't be trusted," Dempsey told Metro, but warned that CBEC needs to keep its goal in focus.

"These committees can be filled with good people, but unfortunately they can get caught up in Olympic fever."

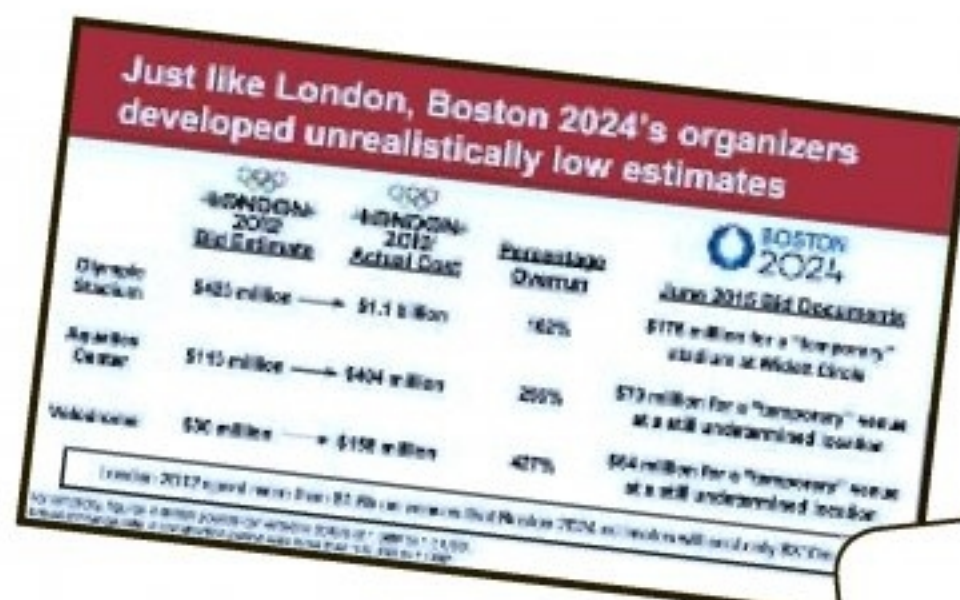
Dempsey fears the CBEC is looking at how to make the case

for a bid rather than critically explore whether the deal makes sense for the city.

In his presentation, Dempsey's slides showed numerous examples of runaway expenses, citing a Oxford University report that shows most Olympics face cost overruns of an average of 179 per cent. It also showed that the lion's share of that cost falls on the shoulders of the taxpayer, using the example of London — where it was 80 to 90 per cent publicly funded.

Sean Beardow, spokesman for the CBEC, said Dempsey certainly brought a different perspective to the committee.

"It was a very interesting con-



Chris Dempsey
COURTESY ANDY LAUB

versation, and the committee was very engaged. Honestly, Mr. Dempsey brings a very unique perspective," Beardow said.

Dempsey encouraged Calgarians to question the financial ramifications.

"Some people have warm memories and warm feelings of the '88 Olympics, but the size of the winter Olympics has increased since then and it's a much bigger event now. The IOC won't just let you slap a coat of paint on existing facilities; they have very expensive demands on what you need," Dempsey said.

Beardow and Dempsey both encour-

\$ BID EXPENSE

A Boston committee spent \$15 million US to explore a bid before rejecting the idea, while No Boston Olympics spent less than \$10,000.

Calgary's budget to explore a bid is \$5 million.

age Calgarians to get informed and share their opinions at shouldcalgarybid.com.

The IOC + Calgary 2026 will ask taxpayers to sign a blank check for cost overruns

The IOC requests that a candidate city provide a guarantee covering any shortfall in the OOG budget. Calgary 2026 will be asking City of Calgary taxpayers to sign a "blank check" for their proposal.



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Olivia Lettich, 11, was able to watch a Calgary Flames game with the glasses on — she even got to sit on the home bench as the team warmed up for a game against the New York Islanders.

ELIZABETH CAMERON/FOR METRO

Visor drastically changes girl's life

TECHNOLOGY

Legally blind girl uses eSight to take in 'first' Flames game



Elizabeth Cameron
For Metro | Calgary

Eleven-year-old Olivia Lettich watched the Calgary Flames take on the New York Islanders Sunday for the first time.

She's been to a game before, but it was mostly for the atmosphere. That was before she had eSight — a high-tech medical device for the legally blind.

Olivia was diagnosed with bilateral retinoblastoma, a rare form of eye cancer, when she was just four months old. Nine rounds of chemotherapy and 50 radiation treatments later, she lost her right eye at age two and became legally blind — but her mother said it's never slowed her daughter down.

"She's not afraid of anything, she's a spunky and brave little girl," said Meredith Lettich.

Founded in 2006, Toronto-based eSight makes eyeglasses that house a camera to capture the user's surroundings in HD video. The footage is enhanced and projected onto two screens, allowing the wearer to see their surroundings.

The technology has certainly changed Olivia's perspective.

"It's the little things, the details that come out because of the glasses, that she's now able to experience," Meredith said.

"She got a little teary when she first put them on, and she said 'everything is so beautiful.'"

The Calgary Flames and eSight partnered up to make Olivia's "first" hockey game a once-in-a-lifetime experience.

She gave the players high-fives as they hit the ice and got to watch the players warm-up from the bench — something she could not have done without the special glasses.

"I'm most excited for meeting the players ... I'm going to be

DETAILS

Olivia's favourite Calgary Flames are Johnny Gaudreau, Sean Monahan, and Mark Giordano.

The high-tech glasses cost about \$10,000, but the company hopes to lower the price as the technology develops.

thinking about how cool it is that I can see them," she said, waiting for the team to hit the ice.

She said the glasses have helped her with day-to-day tasks, especially at school.

"They help me see so much better, I can read and I can watch things from far away," Olivia said.

Olivia doesn't know what she wants to do when she grows up, but the glasses have removed a lot of the barriers she would have faced.

"I think they're going to help a lot," she said with a big smile on her face.

BUSINESS

Food truck park ready for spring bloom in the inner city

Krista Sylvester
For Metro | Calgary

In what is being heralded as a win-win situation for foodies and food trucks alike, the city's first food truck park is expected to be unveiled on May 1.

Cargo Food Market is the brainchild of former Torontonian Matt Worona who moved here last year and paved the way for a food truck park in Calgary's inner city.

"This kind of thing hasn't been proposed before so we're building something totally new, and one of the most exciting things about this project is the ability for it to kind of become a new model for street food in Calgary," Worona said.

He said given the downtown economy, food trucks are spending more time in one place but getting less traffic.

"Many food truck owners have to show up at 6 a.m. just to try and secure a good spot and sometimes they can't find anything at all."

Confirmed tenant Yummi Yogis food truck owner Nikki



Artistic renderings of a proposed new food truck park for inner-city Calgary. CONTRIBUTED



This kind of thing hasn't been proposed before.

Matt Worona

Brule has long been craving a stable environment to grow her food truck business.

"I'm incredibly excited to have a place to be able to potentially do a breakfast, lunch and dinner service because we are often booked up on our weekends fairly well, but

weekdays have been a challenge ever since we started," she said.

Ward 8 councillor Evan Woolley says the whole community will benefit from this initiative once a location is found.

"The sky is the limit; it's just about finding some private-sector people to help partner with the city and the people with the ideas. It's super exciting for the community," Woolley said.

For more information, please visit www.cargoyyc.com.

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5 THINGS WORTH KNOWING ABOUT IN CALGARY THIS WEEK

There's plenty to dish about in the city right now. Here's a sampling of the news.

ELIZABETH CAMERON/ FOR METRO

Big Taste back 1

The popular food fest returns — nearly 100 restaurants and the city's best chefs prepare three- and five-course, fixed-price menus for Calgarians to sink their teeth into. Depending on your foodie budget, choose from 'Scrumptious lunches,' \$15-25; 'Succulent Dinners,' \$25 and \$30; or purchase the five-course 'Gourmet Masterpieces' and you'll be out \$65, but very full.



METRO FILE

2 Last chance for feedback

Got something to say about the Southwest BRT? Live in Evanston, Kincora, Nolan Hill or Sage Hill? The deadline to submit feedback on proposed changes to the Symons Valley Community Plan is Tuesday, and time is running out to submit online feedback for the SW BRT — online engagement wraps up on Wednesday.



THE ASSOCIATED PRESS

Safety first 3

The Calgary Safety Expo has been teaching children in Grades 5 and 6 about hazards for the past 14 years. On Wednesday and Thursday, important lessons about staying safe online, at home or at school will be shared with thousands of young Calgarians. This year, there will be presentations on anti-bullying and social responsibility.



GETTY IMAGES

Court dates

4 A week-long trial for three police officers charged with assault begins on Tuesday. Clayton Prince, 34, suffered serious injuries during a violent arrest on July 30, 2016, after he fled a traffic stop. The actions of James Othen, Mike Sandalack, and Kevin Humfrey, all members of the Calgary Police Service, were caught on video, which allegedly contradicted their statements about the incident.



METRO FILE

5 Downtown upswing

The city will look at the value of implementing a range of different ideas with the goal of jump-starting activity in Calgary's Centre City. They'll be looking at permitting, parking requirements and changing uses in areas around the city core. They're hoping it will stimulate potential pop-up retailers and collaborative work spaces. It could result in a two- or three-year pilot project. Stay tuned for details at the city's Planning and Urban Development meeting Wednesday.

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'The Eagle' draws a crowd

ATHLETICS

British ski jumper relives glory of 1988 Olympic berth



Elizabeth Cameron
For Metro | Calgary

The announcer joked it was the busiest the ski hill had been since Calgary hosted the 1988 Winter Olympics, and he was probably right.

A huge crowd turned out at Canada Olympic Park (COP) on Sunday to watch Eddie 'The Eagle' Edwards fly down the hill one more time.

"Eddie's an iconic part of this park, he's really well known for what he's done here," said Dusty Korek, who sits on Canada's national ski team and competed at the Sochi 2014 Winter Olympics.

"It's great for everyone to come out and relive that moment," he said.

Against all odds, Edwards was the first British ski jumper since



Eddie 'The Eagle' Edwards returned for another chance to fly down the hills of Canada Olympic Park on Sunday. The unlikely Olympian placed dead-last in ski jumping during the 1988 Winter Olympics, but his story touched people all around the world. ELIZABETH CAMERON/FOR METRO

1929 to represent his country at the Olympics. He hadn't made the cut as a downhill skier, so he switched to jumping — no one was competing in that sport for Great Britain.

Edwards ended up finishing dead-last out of 73 competitors in the 70 and 90 metre events — but the unlikely Olympian had

won the hearts of Calgarians and the world-abroad.

Korek said referencing Edwards while travelling internationally is sure to spark a conversation.

"Whenever you're explaining your sport ... you bring up his name and everyone has a good laugh — they know exactly who

you're talking about," he said.

The event was more than a chance to relive the iconic moment from 1988, according to Korek.

"It's great way to bring everyone out and get younger kids involved in the sport," he said.

In 1990, the International Olympic Committee created the



Eddie's an iconic part of this park. He's really well known.

Dusty Korek

'Eddie the Eagle Rule,' which requires Olympic hopefuls to compete at an international level and place within a reasonable ranking to qualify for the games. The underdog had already had his day, however, and Edwards continues to conjure up interest for the sport.

Zack Henniche and his father, Adel, trekked up to the ski jumps at COP to see the legend for themselves and maybe snag an autograph.

They were first introduced to Edwards after watching the similarly titled movie, released in 2016.

"His story really affected us in a positive way," Adel said.

"I wanted Zack to see everything is possible — if you put in the work and believe in yourself," he said.

IN BRIEF

Winnipeg owner of famous Alberta dragster donates it to museum near Edmonton

A Canadian drag racer that was one of the fastest vehicles on four wheels has returned home to Alberta for a spot in a provincial museum.

Wheeler Dealer, a top fuel dragster that roared to victories on the international circuit in the 1970s, has been donated to Alberta's fleet of historic vehicles at the Reynolds-Alberta Museum in Wetaskiwin.

THE CANADIAN PRESS

Clarification

In a story that ran March 2, titled: Landlords rebuff cigarette ban idea, it reads that of the "95 fires the Calgary fire department responded to in 2016," when it should have been 95 "smoking-related fires."

The Calgary Fire Department responded to 1,277 total fires in 2016. Metro regrets the confusion.

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■ **TOP RIGHT** — Designer: Qiao Chelle Li, The Fashion Institute, by Olds College | Photographer: Elie Yitan Xu, ACAD | Model: Jessica Mawle, Numa Models | Stylist: Kyle Wright, The Fashion Institute, by Olds College | Hair: Stephanie Meyer, Eveline Charles Academy | Make up: Christina Strunga | Shoes and Jewellery: Hudson's Bay | Sewing Machines: www.jukl.co.jp/industrial_e

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Parents told to curb their enthusiasm over bus fees

EDUCATION

Regulations to be ironed out in consultation with boards



Lucie Edwardson
Metro | Calgary

Alberta parents doing a happy dance following the announcement of Bill 1 at last week's throne speech need to know one thing: There are still some kinks to be ironed out.

According to a news release from the government, if passed, Alberta Education's Bill 1: An Act To Reduce School Fees would mean parents would no longer have to pay school fees "for instructional supplies or materials or for eligible students taking the bus to their designated schools."

But, as Calgary Board of Education's chief financial officer Brad Grundy told Metro following a technical briefing from the province to Alberta's 61 school boards, "the devil is in the details" of the regulations.

According to a Q&A sheet provided to media by Alberta Education the busing fee — which is \$335 for CBE students and \$270 for Calgary Catholic students — parents wouldn't have to pay their busing fees if their child was "enrolled in his or her designated school, and



CBE Board chair Joy Bowen Eyre said her school board would like to see current busing service maintained with Bill 1.

LUCIE EDWARDSON/METRO

that school is greater than 2.4 kilometres away from home."

Both the CBE and CCSD offer pick up locations much closer than 2.4 kilometres away from home to their students.

Within CCSD some stops are as close as 800 metres from a student's home, while at CBE there are stops between 1.6 and 1.8 kms away from homes.

CBE board chair Joy Bowen-Eyre said they would like to see their current service levels maintained.

Busing has been an ongoing

issue for CBE and Bowen-Eyre said after "extensive consultations" with parents on transportation fees, they've learned that parents want to know "as early as possible" how much they will be charged in fees and where their child's bus stop will be.

Minister of education David Eggen told Metro that detail — among many others — isn't yet

set in stone.

"We'll work with them to simplify the whole thing," he said. "The key is to get money to reduce fees so that families can get their kids to school without having to pay so much money."

Cheryl Low, board chair for CCSD, said solving the issue is important given their busing distances.



The devil is in the details

Brad Grundy

"A lot of that reason is for the safety of our students walking through the city — it can be very dangerous crossing certain roads and things like that," she said.

Lisa Davis of Kids Come First Alberta, a parent run advocacy group, said a 2.4-kilometre cut-off is "an hour long walk for an elementary aged child — one way."

"It will be a disappointment to many families if this distance is not reduced to reflect current standards," she said.

HOMELESS

Chabot clarifies remarks

Krista Sylvester
For Metro | Calgary

Ward 10 councillor Andre Chabot is clarifying comments he made over the weekend regarding handouts for the homeless.

Chabot, who announced his bid for Calgary mayor last week, spoke about his own situation of working through university while raising three kids, but it was comments in local media regarding handouts that irked some in the community, particularly when he said they can be a "diservice" to those receiving them.

"I'm actually happy to a degree that those words opened up a conversation on how we provide a hand up to people that truly need it," Chabot explained, noting he likened it to an old saying.

"If you give a man a fish, you feed him for a day, but if you teach him how to fish, you feed him for life. I was relating it to my own situation and I get that my situation is not something that everyone can utilize. I apologize if I offended anyone with my comments."

Tim Richter president and CEO of the Canadian Alliance to End Homelessness, expressed his disappointment in the original comments and the fact that they came from a councillor with more than 10 years experience in a ward that has a significant amount of poverty.

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TRADE RELATIONS

Notley heads to Texas for energy conference

Alberta Premier Rachel Notley will continue her travels in the U.S. next week, this time with a visit to Houston where she will take part in an annual energy-industry conference.

Notley's office says she will participate in a panel discussion on energy and the environment Monday at CERAWEEK.

She will also meet with energy executives and policy makers on Tuesday, and will travel to Austin on Wednesday to meet with Texas Gov. Greg

Abbott.

Notley was in Washington this week to talk trade.

Trade between Alberta and the United States totalled more than \$100 billion in 2015.

Goods worth about \$80.6 billion were sent to the U.S. from the province that year.

Notley's office says the premier's meetings in Texas will highlight investment opportunities in Alberta's oil and gas sector and promote the province's Climate Leadership Plan.

"Missions like this are critical to build face-to-face connections with key players around the world, support our oil and gas industry and create new opportunities," Notley said in a news release.

Alberta Energy Minister Margaret McCuaig-Boyd will be attending the CERAWEEK conference from Monday to Friday.

The premier's office says the estimated mission cost for the premier, three political staff, one public servant and a security detail is approximately \$48,400. It says the estimate includes the carbon offsets that were purchased for each member of the delegation. THE CANADIAN PRESS

“Missions like this are critical to build face-to-face connections.”
Premier Rachel Notley



A skier makes tracks at Fernie Alpine Resort on the Lizard Range mountain range in the Canadian Rockies. DESTINATION BC

Snow biz soaring

TOURISM

Business up at lodges and resorts across province



Winter woes might be wearing on Calgary drivers, but the ski and snowboard around the city are seeing a sensational surge thanks to this season's storms.

Thanks to an early start with the flakes, Alberta's snow-sport destinations were a hot spot for boarders, according to Matt Mosteller, marketing VP with Resorts of the Canadian Rockies, which operates Nakiska ski hill just west of Calgary, along with a handful of others in the BC interior.

In a time when other Alberta industries are trying to survive a downturn, mountain businesses are seeing an increase in skiers and snowboarders. Mosteller said consecutive storms have been hitting some of the most popular areas, creating large amounts of pow-

dered snow.

"And they're not just 10-centimetre type storms — they're dropping 20 to 40, even 60 centimetres or more at a time," he explained. "In fact, one of our record storms was 94 centimetres in a day-and-a-half."

That was at the Kimberley Alpine Resort, which broke a 10-year record for the area.

Because of the early snowfalls, Alberta and parts of BC have seen an uptick in skiers and snowboarders. It's not just locally, either; there have been huge numbers of road-trippers coming from the U.S., travelling to multiple resorts.

“Given the exchange rate, that's a bonus icing on top of a wonderful cake.”

Matt Mosteller

For the past decade, March has actually been the biggest time of year for business, and Mosteller doesn't expect that to change this year. In fact, this March is expected to blow right past numbers from the past 10 years.

"There's a magical feeling of freedom when you're soaring down the slopes and the wind is in your face," said Mosteller. "It's unreal."

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Blind actor makes portraits for play

THEATRE

Audience gets painted as show probes death of Tom Thomson



Aaron Chatha
Metro | Calgary

During the entire 75 minutes actor Bruce Horak spends on stage during *Assassinating Thomson*, he paints a picture of the audience.

What makes this remarkable is that Horak only has 9 per cent of his vision, due to a rare cancer that he survived as a baby.

"To sit and paint someone's portrait is an opportunity to show how it is I see," said Horak. "It's a really unique experience theatrically. There really isn't a fourth wall; the conversation flows naturally."

The painting fits well thematically with the story of artist Tom Thomson. In 1917, Thomson died mysteriously, with his body surfacing on the lake. The mystery, which is the focus of the play, is about who may or may not have killed him.

Thomson inspired a number of painters in the 1920s who called themselves the Group of Seven. Many were friends of his.

Horak, who also wrote the play, discovered a number of bizarre similarities between him and Thomson. They share the same birthday. Thomson only painted for the last few years of his life, and Horak only just started within the last few years.

The man suspected of killing Thomson is named Shannon Fraser — which is also the name of Horak's ex-girlfriend.

Horak uses portrait painting



Legally blind actor Bruce Horak tells the story as he paints the audience. COURTESY INSIDE OUT THEATRE

as a way of connecting with people, having done 500 portraits in the last four years.

"The whole show Bruce is painting us, and at the end he reveals our portrait," said Col Cseke, artistic director of Inside Out Theatre. "It's such a rare chance to see ourselves, to see the world, the way he sees it. It's very abstract and very beautiful."

Inside Out Theatre is dedicated to making inclusive and accessible theatre. An American sign language interpreter



DETAILS

Assassinating Thomson runs from March 14 to 18 at the Glenbow Museum. For more information, visit insideouttheatre.com.

is available for all performances. Visually impaired audience members can explore the set and artwork with a touch tour before the performance begins.

ROADS

Three women pried from vehicle after head-on crash

Three women have been taken to hospital after two vehicles were involved in a head-on collision on Deerfoot Trail early Sunday morning.

Just after 5 a.m., Calgary EMS responded to the incident on northbound Deerfoot Trail, south of the Beddington Trail exit, according to a news release.

Paramedics transported the

women to hospital and left the driver of the second vehicle, a man in his 20s, with Calgary police.

One woman, in her mid-20s, was transported to hospital in life-threatening condition, having suffered multiple traumatic injuries — including head injuries — according to EMS.

The driver, a woman in her early 30s, was transported in

serious condition with pelvis and leg injuries. The third woman in the front passenger seat, believed to be in her early 40s, was also in serious condition, having suffered arm, chest and leg injuries.

They all had to be extricated from the vehicle because of the damage from the impact.

The investigation continues.

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HALIFAX TAXI VERDICT

Woman at centre of cab driver case speaks of shock



Haley Ryan
Metro | Halifax

When she can't sleep at night, the passenger at the centre of the Halifax taxi sexual assault acquittal said she opens her phone to read comments from hundreds of strangers, their support like a "blanket" of protection.

Since Judge Gregory Lenehan declared Bassam Al-Rawi not guilty last week, his words like "clearly, a drunk can consent," and the case evidence have sparked a national outcry, official complaints to the Chief Justice, and future protests.

"The kind of terms that (Lenehan) used and the statements that he made, are making people question that credibility. Kind of like how they were supposed to be questioning my credibility," said the

If this was a man, do you think that (Lenehan) would be making those comments at him? I don't believe so.

The passenger in taxi case

woman in an interview, whose identity is protected by a publication ban.

She spoke to Metro on the weekend.

"We need to believe beyond a reasonable doubt you were making a fair decision here, and I don't think that people felt that way."

The passenger, a woman in her 20s, said she's seen many assume the case began with her complaint.

In fact, she said police pressed charges after an officer

found her drunk, unconscious and partially naked in the cab.

It was the Crown that chose to prosecute Al-Rawi. Her only involvement was being called to testify, where she said she could remember nothing about the incident. A forensic analyst determined the woman's blood-alcohol level was as high as 241 milligrams per 100 millilitres of blood - about three times the legal limit.

Until the verdict she only hoped the judge would listen to testimony, examine the evi-

dence, and come up with a "fair decision," she said, understanding few sexual assault cases end in conviction.

But last Thursday, the woman walked into work and first read about the evidence in a Metro issue, as well as Lenehan's comments that the Crown had failed to prove she did not consent to sexual activity.

"That was definitely when the flames came up and I thought 'What? This is your reason?' I was shocked," she

said, shaking her head.

Lenehan's phrase that "clearly, a drunk can consent" really hit her, the woman said, since the situation may be "clear" to Lenehan "but to the rest of the world you can't really speak to that."

After reading it, she said she felt "completely stripped naked," and as if everyone was looking at her. It's been an especially odd, "out-of-body" feeling to have friends and co-workers who don't know she was the passenger bring it up,

she said. But online comments supporting her, and calling for a review into Lenehan's judgment, have been very comforting when she's unable to sleep at night, she said.

"It makes me feel better. It's like the city, especially women in the city but a lot of men too, have just been kind of forming this blanket around me like 'We're not going to stand by this,'" she said.

"If people weren't ... making their voices heard I think that verdict and all of that would have just been so much worse because it would've just felt like 'Wow, the system's broken and nobody's here to fix it.'"

She's glad an official complaint has been made to the Chief Justice about Lenehan's judgment, she said, and no matter what happens "as far as sexual assault cases go, specifically, he should have no part in those anymore."

The woman said it's up to the Crown to appeal the case, but if she's again called to testify she will not only because it's her legal duty, but because of "all these people rallying around. For my part I have to kind of be the voice behind that as well."

BRITISH COLUMBIA

Clean-up underway after bio diesel spills

The leader of a First Nation off the north coast of Vancouver Island says he's worried about the impact a fuel spill at a nearby fish farm will have on his community's food source.

Bob Chamberlin, elected chief councillor Kwikwasat'inuxw Haxwa'mis First Nation, said the area is critical for clam digging, which is a major food source to the community.

"When you look at it, I think, 'Good golly.' It's going to have an impact on our traditional food source. And it's going to have a significant impact on the en-

vironment," he said.

The federal fisheries department said the coast guard received a report early Sunday morning about a spill from a fuel tank at an Atlantic salmon aquaculture site in Echo Bay.

The statement said an estimated 900 to 1,000 litres of bio diesel overflowed into the water when a fuel pump was left on overnight.

There needs to be a very high level of accountability here.

Bob Chamberlin

The company that owns the site, Cermaq Canada, issued a statement that said records show that up to 1,500 litres was spilled.

Staff at the fish farm put out absorbent pads to soak up the fuel, and most of the spill is contained in the fish pens, but Cermaq said the fish are showing "normal behaviour."

However Chamberlin said video footage taken from a heli-

copter above the spill Sunday shows fuel has leaked well beyond the confines of the farm.

The community has long been opposed to fish farms in the area because they were concerned about how they would affect the environment and now their fears have been realized, he said.

"To have, either through a lack of training or a lack of diligence on the farm, to have an accident such as this on the farm, it's utterly unacceptable. And there needs to be a very high level of accountability here."

THE CANADIAN PRESS

Federal government talks border-crossers

Federal cabinet ministers are set for an in-depth discussion this week of the practical and political pressures being placed on the Liberal government by a rising number of asylum seekers in Canada.

Border security, RCMP and immigration officials have been running scenarios to prepare for the possibility that a trickle of illegal immigration into Canada could turn into higher numbers in the spring.

The results will help form

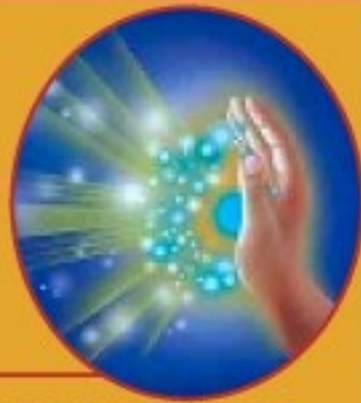
options being put before cabinet Tuesday, The Canadian Press has learned. Officials are also studying links between groups of border-crossers that might belie the common notion they're all being pushed into Canada by the political climate in the U.S.

Two government officials confirmed that many of the people coming into Quebec hold American visas issued at the U.S. Embassy in Riyadh, Saudi Arabia. THE CANADIAN PRESS

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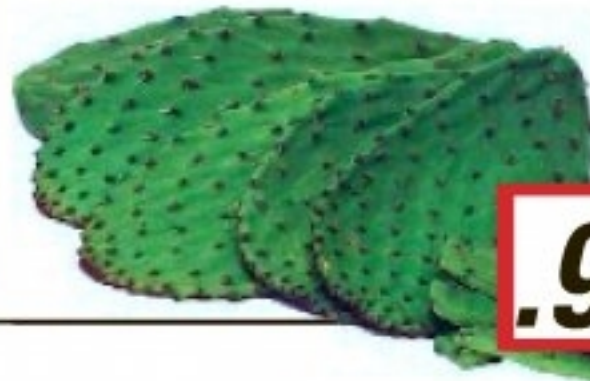
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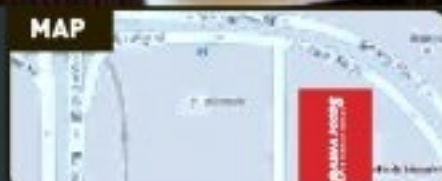


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Giving indigenous people a greater say in the operation of national parks and creation of new protected areas is on the agenda at a conference in Alberta this week. THE CANADIAN PRESS

First Nations call for more say in parks

INDIGENOUS ISSUES

Conference in Alberta to review proposals

Giving indigenous people a greater say in the operation of national parks and the creation of new protected areas is on the agenda at a major conference in Alberta this week.

First Nations leaders and officials from the federal and provincial governments will review proposals that could give more legal weight to protected areas designated by bands, said Steve Nitah, a delegate to the Canadian Parks Conference being held over four days starting Wednesday in Banff.

"Canada can be a real leader in the process of reconciliation by re-establishing a new relationship with indigenous governments and communities that have been impacted by national parks and provincial parks that have been created in the past," he said.

The conference is being hosted by the Alberta Recreation and Parks Association. Federal Environment Minister Catherine McKenna is scheduled to speak, as are federal and provincial parks officials.

Indigenous groups have become increasingly interested in

having a greater voice in Canada's parks system. A recent report from Indigenous Affairs Minister Carolyn Bennett's Arctic adviser called for the legal recognition of Indigenous Protected Areas — conservation zones determined by and managed by Inuit people.

New Parks Canada projects, such as the creation of a new national park on the east arm of Great Slave Lake, have already included substantial roles for indigenous people, said Nitah, who helped negotiate that deal.

Nitah said existing national parks — many of which expelled local indigenous peoples when they were created —



We were not allowed to use those lands.

Steve Nitah

should also be more open to involvement from area bands.

"We were removed from those," he said. "We were not allowed to use those lands to exercise our traditional rights."

Indigenous people with historic connections to places such as Jasper National Park in Alberta could regain access and work with Parks Canada staff to manage it, said Nitah.

Indigenous people also want greater legal recognition for the protected areas they create under land claim or self-government deals, said conference delegate Valerie Courtois, who ran the Innu Nation's conservation program in Labrador.

THE CANADIAN PRESS

ONLINE COURSE

First responders get tool to deal with stress

A first-responder training centre in British Columbia is looking to help emergency crews reduce and manage post-traumatic stress through a new online course.

The self-directed program was developed by the Justice Institute of B.C., in New Westminster, which trains paramedics, corrections officers and other law enforcement officers.

Greg Anderson, the school's dean of applied research and graduate studies, said it's es-

sential to give first responders tools to help them deal with working in traumatic environments.

"I see this as our moral obligation to the professions that we serve to help keep them mentally well versus just physically well," he said.

The course, which takes six to eight hours to complete, helps first responders both prepare and respond to stressful incidents by teaching them how to identify stress, mentally

rehearse, and use breathing techniques.

It helps individuals recognize their strengths and potential weaknesses in responding to traumatic incidents, Anderson said.

"It's really for them to get to know themselves and what their triggers are and increase their awareness for what those triggers will be," he said.

The course also provides problem-solving skills to help people know what to do once

they have identified their stress, he added.

The Justice Institute has already tested the program on 81 paramedic students, and found the students' ability to cope and persevere after traumatic or stressful incidents increased by 23 per cent.

Finding ways to prevent or reduce the impact of post-traumatic stress on first responders is more important now than ever, Anderson said.

THE CANADIAN PRESS

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SECURITY

Denial and discord follow wiretap claim

President Donald Trump turned to Congress on Sunday for help finding evidence to support his unsubstantiated claim that former President Barack Obama had Trump's telephones tapped during the election. Obama's intelligence chief said no such action was ever carried out, and a U.S. official said the FBI has asked the Justice Department to dispute the allegation.

Republican leaders of Congress appeared willing to honour the president's request, but the move has potential risks for the president, particularly if the House and Senate intelligence committees unearth damaging information about Trump, his aides or his associates.

Trump claimed in a series of tweets without evidence Saturday that his predecessor had tried to undermine him by tapping the telephones at Trump Tower, the New York

skyscraper where Trump based his campaign and transition operations, and maintains a home.

Obama's director of national intelligence, James Clapper, said nothing matching Trump's claims had taken place.

"Absolutely, I can deny it," said Clapper, who left government when Trump took office in January. Other representatives for the former president also denied Trump's allegation.

The FBI has asked the Justice Department to dispute Trump's allegations, a U.S. official told The Associated Press on Sunday. The official wasn't authorized to discuss the request by name and spoke on condition of anonymity. No such statement has been issued by the Justice Department. DOJ spokeswoman Sarah Isgur Flores declined to comment Sunday.

THE ASSOCIATED PRESS



POLITICS GERMANY ALMOST TURNED BACK REFUGEES IN 2015: REPORT

In this Sept. 16, 2015 photo, a young boy looks at police officers after he and other refugees were pulled out of a train by police at a train station in southern Germany. German newspaper 'Welt am Sonntag' reports that the government planned to close the border with Austria and turn back asylum-seekers in September 2015, but nixed the plan at the last minute. The paper reported Sunday. The interior ministry said in a statement it could "neither confirm nor deny" the report.

THE ASSOCIATED PRESS

TENSION

Seoul: North Korea fires ballistic missiles in ocean

North Korea on Monday fired "several" banned ballistic missiles that flew about 1,000 kilometres into waters off its east coast, South Korea's military said, an apparent reaction to huge military drills by Washington and Seoul that Pyongyang insists are an invasion rehearsal.

It was not clear what type of missile was fired or the exact number; Pyongyang has staged a series of missile test-launches of various ranges in recent months. The ramped-

up tests come as leader Kim Jong Un pushes for a nuclear and missile program that can deter what he calls U.S. and South Korean hostility toward the North.

Seoul and Washington call their military drills on the Korean Peninsula, which remains in a technical state of war because the 1950-53 Korean War ended with an armistice and not a peace treaty, defensive and routine.

THE ASSOCIATED PRESS

EQUALITY

Advocates worried Trump isn't the one making policies

Before same-sex marriage was legal anywhere in America, a gay activist in Florida twice brought a date to the Mar-a-Lago club. Each time, Rand Hoch and his guest were greeted by the smiling face of Donald Trump.

"Great eye contact. Firm handshake. The same way with everybody who came in," Hoch,

founder and president of the Palm Beach County Human Rights Council, recalled. "There was no difference at all with my dates and me and the people in back of me or in front of me. He's out there, he's personable, and there's no way he's going to treat anybody differently."

Never before has the leader of the Republican Party shown as much public comfort with gay people as this one has. Trump has attended gay weddings, donated to gay causes, and welcomed gay couples as Mar-a-Lago members when they were still shunned by other

Florida clubs.

Now he is president, and much of the LGBTQ community is apprehensive.

"I don't think he is making policy. I think he's surrounded himself with some horrible people when it comes to LGBTQ issues, they're the ones that are making policy, and he's going to sign whatever Steve Bannon puts in front of him," said Hoch. "It's not like there's anybody in the official administration who's an advocate of treating LGBTQ people the way we treat every other American."

Trump's vice-president, Christian conservative Mike Pence, approved an Indiana law that permitted businesses to cite "religious freedom" to defend against claims of anti-gay discrimination. Bannon, his chief strategist, ran a website that published anti-gay articles. Most notably, Attorney General Jeff Sessions has a long record of fierce opposition to LGBTQ rights.

The six-week-old administration has sent mixed signals so far, alternately heartening and disquieting LGBTQ advocates.

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Fillon defiant amid corruption charges

POLITICS

Candidate for president of France bouyed by supporters

With the Eiffel Tower as a backdrop, French conservative Francois Fillon clung tenaciously to his presidential candidacy Sunday, emboldened by thousands

of supporters at a high-stakes rally aimed at quashing pressure on him to step aside because of impending corruption charges.

Crowds of flag-waving voters chanting "Fillon, President!" appeared to give him the confidence he needs to keep up the fight. That support came despite a raft of defections by conservative allies in recent days that threatened to plunge France's unpredictable presidential campaign into unprecedented dis-

array just seven weeks before its first-round election.

"No one can stop me from being a candidate," he said on France-2 television Sunday night. The rally, he said was "a demonstration that my legitimacy remains very strong."

Fillon, a former prime minister, apologized to voters for errors in judgment but insisted he was being unfairly targeted in an election season. Once the front-runner in France's presidential

race, he is now being eclipsed by two other candidates.

His low-profile Welsh wife Penelope — accused of earning a generous taxpayer-funded salary for years for jobs she never performed — took an unusually public place at his side at Sunday's rally, waving a tricolour flag before adoring crowds.

Despite the rally, Fillon's Republicans party remains dangerously divided over his candidacy.

THE ASSOCIATED PRESS



Francois Fillon, seen here with his wife Penelope, urged his supporters not to "give up the fight". THE ASSOCIATED PRESS

POLITICS

Muslim travel ban changes on the way

President Donald Trump is preparing to sign a revised executive order temporarily barring the entry of people from certain Muslim-majority countries and halting the nation's refugee program.

A White House official says plans to roll out the order are on track for Monday. The official insisted on anonymity in order to discuss the order ahead of the official announcement.

The new order has been in the works since shortly after a federal court blocked Trump's initial effort, but the administration has repeatedly pushed back the signing.

Trump administration officials have said the new order aims to overcome the legal challenges to the first. Its goal

will be the same: keep would-be terrorists out of the United States while the government reviews the vetting system for refugees and visa applicants from certain parts of the world.

Trump's original orders temporarily blocked citizens of Iran, Iraq, Somalia, Sudan, Yemen, Syria and Libya from coming to the United States and put on hold the U.S. refugee program.

The revised order is expected to remove Iraq from the list of countries whose citizens face a temporary U.S. travel ban, following pressure from the Pentagon and State Department, which had urged the White House to reconsider, given Iraq's key role in fighting Daesh. THE ASSOCIATED PRESS



President Donald Trump signs an executive order in the Oval Office in January. THE ASSOCIATED PRESS FILE

IN BRIEF

Panama bus crash kills 16

A bus carrying farm workers went off a highway and ended up in a stream Sunday southwest of Panama's capital, killing 16 people on board and injuring 39 more, authorities said.

The crash took place on the Pan-American Highway in Anton, about 105 miles (170 kilometres) from

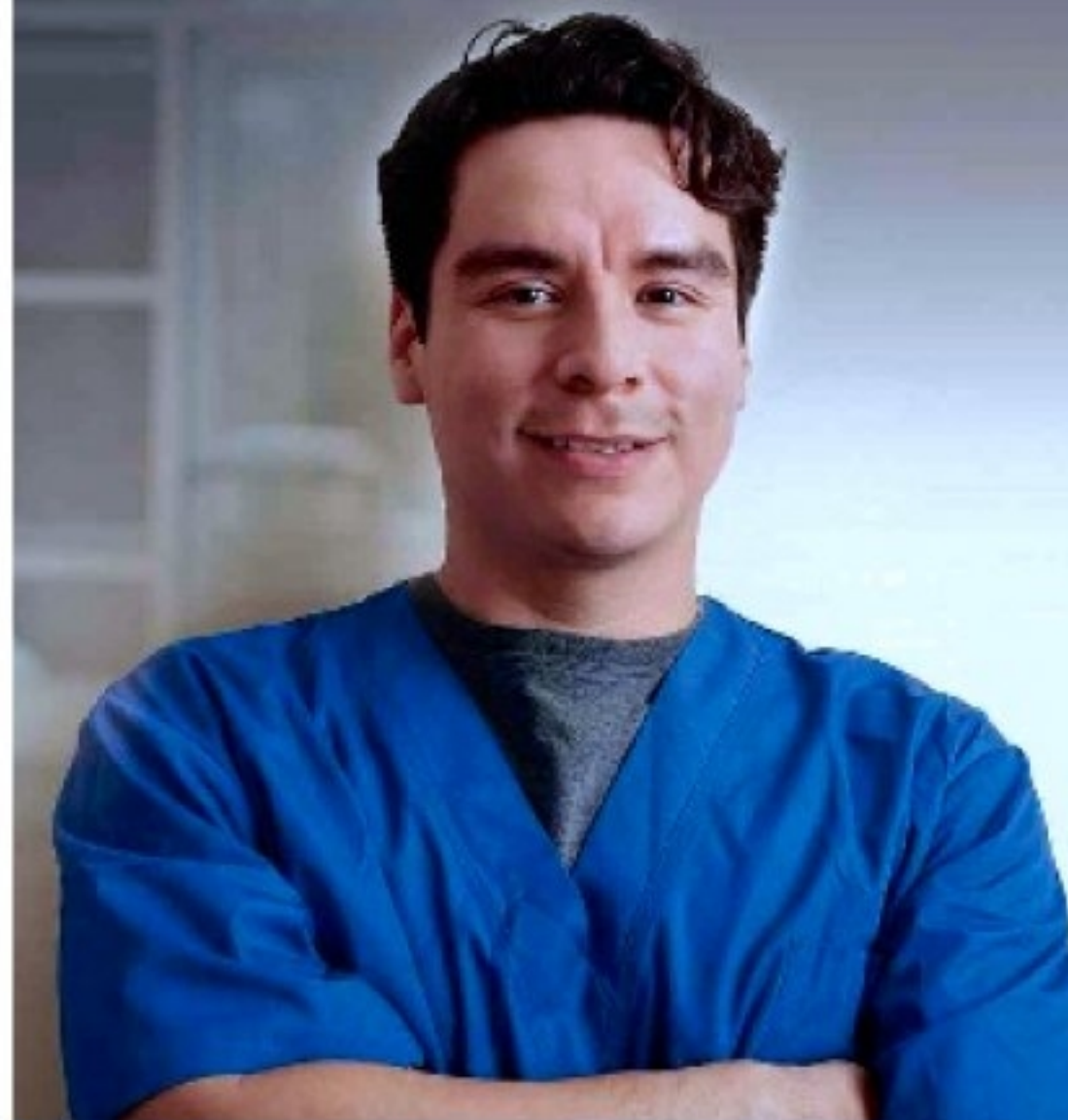
Panama City. Officials gave no information on what caused the accident.

Photos published by local media showed the white bus in a creek at the bottom of a ravine below a bridge. Government spokesman Manuel Dominguez reported via Twitter that the dead were all adult males.

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Optimism returns to mining sector

INDUSTRY

Investors back after gold, metals prices rebound

With commodity prices on the rise, attendees at the world's largest annual gathering for the mining industry are expected to be cheerier than they were last year.

The Prospectors and Developers Association of Canada convention, which kicked off in Toronto Sunday, provides a good sense of the level of optimism in the industry, and organizers say they're gearing up for a solid year.

Last year, booth space at the trade show and the investors exchange was nearly sold out. This year there is a waiting list.

"I would say the sentiment is cautiously optimistic," said Andrew Cheattle, PDAC's executive director.

Commodity prices have

begun to move higher after a protracted downturn that, for several years, had put a stop to the raucous industry parties where booze flowed freely.

Slowing economic growth in China led to concerns about a glut of coal, iron ore and other commodities, mining stocks plummeted and interest in junior mining and exploration companies had just about dried up. Faced with a grim outlook, mining companies reeled in their spending.

But since then, prices for gold and other metals have rebounded and investors have started returning to the sector.

"It's astounding how quickly the tables have turned," said David Harquail, CEO of Franco-Nevada Corp.

"Share prices are up, the big companies are talking about dividends and the smaller companies are raising money for

new projects again. It's a different world all together."

Harquail recently returned from the Bank of Montreal's Global Metals & Mining Conference in Hollywood, Fla., a precursor to the PDAC convention.

"Everyone was partying as if gold was at \$1,900 again," said Harquail.

Although capital is beginning to return to the sector, industry executives say we're still far from the highs of the last commodity boom several years ago.

"We haven't come back to the really buoyant, exuberant days," says Rob McEwen, chief owner of McEwen Mining.

While many companies have a little more cash on hand, they may be hesitant to spend it because they're not completely convinced commodity prices are heading higher, says McEwen.

THE CANADIAN PRESS



It's astounding how quickly the tables have turned.

David Harquail

150 WAYS of looking at Canada

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Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page.

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

How do you respond to baseless statements about newcomers causing spikes in violent crime?

Dear Ellen,

In old Toronto, American visitors would comment on the good manners of the city's burghers and their clean streets. Then Pierre Trudeau introduced an open-door immigrant policy that encouraged tens of thousands of uneducated, poverty-stricken, and culturally alien newcomers to our major cities. His policy was meant to lessen Canada's traditional bond to the U.K., and create a large voting base that would be indebted to the Liberal party. Toronto is now home to hundreds of thousands of Third World immigrants, refugees, asylum-seekers, and illegals who have formed ghettos in an effort to keep their culture alive and not integrate. Unfortunately, this often includes the worst elements of their previous cultures, hence the unprecedented increase in violent crime. So don't expect Canadian manners and morals from this group. The most we can expect is that our police can get on top of the crime wave and make our streets safer.

Derek Holloway, Etobicoke

Dear Derek,

According to Bob Plamondon's 2013 book, *The Truth About Trudeau*, the number of immigrants admitted annually declined from 183,974 in 1968 when PET took office to 90,000 by 1984, when he left for good. During the Progressive Conservatives' Mulroney years, it escalated to 250,000 by 1993. Today, over half the population of Toronto was

The facts of the case aren't the point here. It's how you have perceived them.

born outside Canada, according to the city website. As for crime, news about shootings is alarming, but the sensational headlines disguise the fact that in Toronto homicides are down, from 86 in 2007 to 69 in 2016 according to the Toronto Police Service.

But the facts of the case aren't the point here. It's how you have perceived them. I can't argue with how you feel, but since you wrote to me, I'll share where I'm coming from. My world view is shaped by being raised as a Christian. I'm no longer religious, but I still consider Jesus Christ's golden rule as the best rule to live by: Treat others as you would have them treat you.

Where you see "Third World immigrants, refugees, asylum-seekers, and illegals" forming "ghettos in an effort to keep their culture alive and not integrate," I see normal folks sticking together out of a basic human need for companionship and safety. I don't believe anyone flees war, persecution, oppression or poverty because they want to live separate from and resented by people who've forgotten their own immigrant roots. I'm so proud of Toronto and Canada for the support we give to newcomers so they can rise up from their disadvantaged beginnings here, and contribute to a richer society for all of us. Our multicultural city, in my

view, is the true meaning of Christianity — in Technicolor.

I know how hard it is to accept people who are different. It can be frightening to see "normal" life in Canada disrupted by people who don't think or act like you, and who don't want to. And some of "them," just like some of "us," will inevitably represent the "worst elements of their previous cultures." But their presence here is also a wonderful opportunity for us to put our own standards of human decency to the test — and hope we measure up.

Need advice?
Email Ellen:
scene@metronews.ca



Ani Castillo

VICKY MOCHAMA

In Get Out, it's the little things that are frighteningly real

At a friend's wedding shower, a friend of the bride's mother greeted me with enthusiastic warmth.

"Hey! I haven't seen you in a while. How are things?"

We'd never met.

She had confused me for a new neighbour of hers. What did the new neighbour and I have in common? We are both black women.

I wasn't sure what to do except to laugh it off.

In *Get Out*, the recent Jordan Peele horror film, I saw the same instinct to laugh off racial incidents from Chris, the film's main character. Instead of a dramedy like *Guess Who's Coming To Dinner*, *Get Out* turns the idea of a black man meeting his white partner's parents into a thriller about the real and perceived danger of being the only black person in a predominantly white space.

There's a scene that surely reads differently depending on who you are.

Chris, a black photographer goes with his girlfriend, Rose, to meet her parents on their pastoral property in upstate New York. Her father takes Chris on a tour of the house.

For the untrained ear, it sounds like any house tour: A souvenir from Bali. A photo of his dad, who raced Jesse Owens. The maid. For me, the entire conversation sounded like, "Hey Chris, you're black. This is a new room, and by the way, you're black."

By pointing out his worldliness and adjacency to black people and black history, the

father is signalling his bonafides on race while at the same time reminding Chris that, as a black man, he is different. (Later, he will insist that he would have voted for Obama a third time if he could.)

The way the conversation subtly pivots to race is just one of the ways in which people who wouldn't consider themselves to be racist can come off as racist.

They may be well-intentioned, but it often feels like an effort to address race by subterfuge. Rather than actually say aloud "I noticed you're black," a lot of people will say a more general phrase like "My cousin's kid is doing a semester in Africa."

The movie has more overt moments of reminding Chris he's black.

I won't spoil it the house party scenes except to say that it's very hard to enjoy a glass of wine while older white folks talk about whether you're more of a caramel or a chocolate skin tone. Gulps, not sips, are required.

These seemingly innocuous incidents pile up yet they're hardly worth delivering a seminar on race to the offenders. Because of the semblance of innocence, it is hard to point to them as evidence.

That's the rub of racism in progressive places, especially dominantly white spaces. It is hard to put together the comments, questions and asides for other people in a way that spells out the racism.

The easier option is to get out.

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Firecracking the gender code



Comedian Naomi Snieckus's new podcast *Firecracker Department* will feature guests who can speak about the behind-the-scenes of the entertainment industry. Among those scheduled so far are: Jayne Eastwood, Annie Murphy, Bette Macdonald, and Debra McGrath. CONTRIBUTED

PODCAST

Naomi Snieckus interviews bright, loud, bold women

Steve Gow
For Metro Canada



Naomi Snieckus has accomplished much in Canadian showbiz. She has accrued Canadian Comedy Awards for improvisation and appeared in dozens of homegrown television shows (including her current role on CBC's *Mr. D*). But now the multi-talented actress has a new mission — propelling the term "firecracker lady" into the zeitgeist.

"A firecracker is someone who is unabashed, somebody who is unapologetic," explained Snieckus recently from Los Angeles. "They're bright and loud and bold and they're all the women that I talk to."

Energized by her colleagues in the male-dominated entertainment industry, Snieckus has created the podcast *Firecracker Department* with intent to spotlight the most intriguing women in entertainment by sharing a glass of good wine and even better conversation.

"This is new to me, this world of interviewing," admits Snieckus. "We're not sitting at a desk, our shoes are off — it's got a little bit more of a casual feel, (so) you have a glass of

wine and a cheese plate and you go, 'Oh, this is going to be a little bit different.'"

It's also not just putting the focus on the most famous female voices in 'the biz' either. Although Snieckus has certainly caught up with top talents like legendary character-actor Jayne Eastwood (*Hairspray*, TV's *SCTV*) and Annie Murphy (*Schitt's Creek*), she also aims to introduce audiences to unfamiliar writers, editors and other behind-the-scenes personalities.

"There's so much more in-depth discussion to have with these women," said Snieckus, who even plans to include her aspiring 9-year-old firecracker niece in a future episode. "I asked her what's her advice to women and she was like, 'Do what you want to do'. That's so great — she's such an inspiring little creature because she hasn't been told she can't do anything yet."

Firecracker Department premiered last week with episodes every Monday on iTunes and YouTube.

While Snieckus promises funny conversations that probe the "victories, embarrassments and vagaries of fame," she also hopes that women are stirred by the podcast as well. Indeed, under a still-new Trump presidency, women's rights feel as if they've stalled momentarily so inspiration may be more important than ever.

"If you've got something good to say, say it loudly," said Snieckus. "In general, intelligent people can't speak loud

DREAM GUESTS

Catherine O'Hara

The improv legend stars on TV's *Schitt's Creek*.

"If you look at (her) performances, she doesn't just rest at being a comedian," said Snieckus. "She finds depth in everything she does."



Carol Burnett

The comedy icon has been called "a bona-fide feminist hero". "Folks (like her) have been around long enough to see what used to be and ridden the success of what it is now," said Snieckus.



Baroness Von Sketch

Canada's newest class clowns, the female quartet served up some of the nation's sharpest sketch comedy with their TV debut on CBC. "Those are all friends of mine from Second City and they're also at the first stages of their adventure in this," said Snieckus.



enough. Some people can't speak quiet enough, but in this case, I think more venues for women's voices is always essential."

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Balance is true key to financial success



If you don't have a balanced approach to your financial life, you're going to be off-kilter. iStock

ADVICE

So many mixed messages leave us confused, so clear your mind

Gail Vaz-Oxlade
For Metro Canada



One thing that confuses people about money is the number of mixed messages they receive.

On one side are companies that throw credit at you, offering cards with the latest bells and whistles, points to fly, free travel insurance, cash back. They promise you that you can have everything you want right now for just a small minimum monthly payment.

On the other side are experts who shout that debt is evil and that it's stupid to pay interest.

Who would you rather believe? The guy who tells you it's okay to go shopping, or the guy who calls you a moron for spending money you haven't yet earned?

Then there are the mixed messages about saving for retirement: On side A are Jacks who say that if you aren't making the maximum contribution to your RRSP every year, cat food will be too good for you.

On the flip side are the Jackies who claim that you shouldn't even put money in a retirement plan because RRSPs are a tax trap.

Who would you rather believe? The body that tells you to go ahead and spend all your money because saving is a waste or the body that tells you to stop stealing from your future self? Hmm.

Then there's the life insurance industry. On one side sit the boys in the T-shirts that say, "Term insurance is the best." The lads on the other side are wearing T-shirts with the slogan, "Permanent insurance is the best." So which is it?

Is it any wonder that people are confused?

While people typically associate me with debt, I don't believe that credit is the monster. Ignorance is. And it doesn't matter if you're buying a house, buying insurance, or buying an investment, if you don't have a balanced approach to your financial life, you're going to be off-kilter.

Doing anything whole hog and to the detriment of the other parts of your financial



Who would you rather believe? The guy who tells you it's okay to go shopping or the guy who calls you a moron for spending money you haven't yet earned?

life is not only shortsighted, it's dumb.

Debt repayment is important, but so is having some money set aside for emergencies and to grow for the future. After all, if you're debt-free with no emergency fund, it'll only take a tiny slip to push you into the red.

The only way to find balance is to be able to hold more than one thought in your head at the same time . . . actually four thoughts, that's all:

1. Don't spend more money than you make. So no credit card or line of credit balances, and no overdraft.
2. Save something. How much depends on how old you are and how much you've already saved.
3. Get your debt paid off — consumer debt first.
4. Mitigate your risks with an emergency fund and enough of the right kind of insurance.

Stop listening to the cacophony of shouts trying to sway you to one side or the other in a debate. Think for yourself. If there are holes in your knowledge, learn. Then think.

It's how you choose to use your money that will keep you balanced financially.

For more money advice, visit Gail's website at gailvazoxlade.com

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Disney embraces first 'gay moment'

EQUALITY

Beauty and the Beast scene is 'a wonderful step forward'

To be clear: Brokeback Mountain, this isn't.

The so-called "gay moment" in Disney's new live-action version of *Beauty and the Beast* is subtle — so subtle that one could easily miss it with an ill-timed sneeze or glance away from the screen. And it may sail over the heads of young viewers.

But the cast and director say it is indeed a gay moment — one they're proud of. And advocates are calling it a big step forward for Disney and for youth entertainment.

Mere word of it was also enough to lead one Alabama drive-in theatre to cancel plans to show the film — apparently without having seen it, because it doesn't open nationwide until March 17.

The scene in question involves the character of LeFou (Josh Gad), the timid and lovable sidekick to the preening villain

Gaston (Luke Evans). Without spoiling too much, it's safe to say that LeFou spends much of the film in Gaston's thrall, and toward the end also has a moment — a few seconds, really — where the same-sex theme is more overt.

At the film's Los Angeles premiere on Thursday evening, Gad said he was "very proud" of the scene.

"(Director) Bill Condon did an amazing job of giving us an opportunity to create a version of LeFou that isn't like the original ... but that makes him more human and makes him a wonderfully complex character to some extent," he said. "And there's a moment at the end of the film that I don't want to ruin ... because I want the surprise to be intact, but I'm very proud of it. I think it's an incredible moment and it's subtle, but I think it's effective."

Condon suggested that descriptions of LeFou as the first Disney gay character went too far. "I keep saying it's more like the first gay moment," he said. "Because I think it's a very fluid character." The director added: "You can't help but wonder in his adoration of Gaston ...



Josh Gad as LeFou, left alongside Luke Evans's Gaston, said he was 'very proud' of the *Beauty and the Beast* scene being labelled as Disney's first 'gay moment'. LAURIE SPARHAM/DISNEY/AP

(is there) something more going on?"

The length of the scene — or scenes, since LeFou's fluid orientation is hinted at elsewhere — is not what's important, said Sarah Kate Ellis, president of GLAAD, the LGBTQ media ad-

vocacy group.

"It's a wonderful step forward," she said. "And this is incredibly important for the youth of today. They need to see themselves reflected in the media they consume. More and more, as studios want to appeal

to youth audiences, they're going to have to include LGBTQ story lines and characters."

Ellis noted that in the annual survey that GLAAD puts together on LGBTQ inclusion in movies, "we have struggled year after year to find any con-

tent in major studio films. We're usually the punching bag or the laughingstock. So this is an enormous step forward for us."

In the past, many have speculated on what they see as "coded" gay characters, or winking references to gay characters or themes in Disney and other youth-oriented films. Ellis said the difference here is that "we're moving from coded, where you have to put together the pieces, to this being in the spotlight ... It shows the direction America is moving in."

A Facebook page that apparently belongs to the Henagar Drive-In Theatre in Henagar, Alabama, announced that the theatre won't be showing the film as planned because its operators are "first and foremost Christians" and "will not compromise on what the Bible teaches."

Evans said the scene in question was "about unity. It's about never judging a book by its cover, but digging a little deeper and understanding to not be fearful of things you don't know, people that are a little different to you. Fear is not a good thing to fuel."

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JOHANNA SCHNELLER WHAT I'M WATCHING

Still satisfied, after all these formulaic years

THE SHOW: *The Bachelor*, Season 21, Episode 10 (City/ABC)
THE MOMENT: "I've never had an orgasm"

Raven, a boutique owner in Arkansas, is dining by candlelight with bachelor Nick in Lapland, Finland. He's wearing a woolly turtleneck. Her red sweater keeps falling off her shoulders.

"My dad always told me he prayed I'd have an easy love," Raven says. "Every step of the way you've made it so easy for me to love you." Nick leans in and kisses her.

They agree to use the Fantasy Suite — i.e., have sex. "I need to tell you something," Raven says. "My ex, the only person I've had sex with, never gave me an orgasm." Nick gulps.

Later, host Chris Harrison shills for next week: "Will Raven's date come to a satisfying end? And in *The Women Tell All*, it's round two of Taylor vs. Corinne."

And there you have the tripartite Bachelor formula. One



Bachelor Nick gets cosy with love hopeful Raven. CONTRIBUTED

part True Love: Raven's dad story is sweet. We sigh, hoping maybe this is real.

One part Titillation: In a to-camera interview, Raven makes an excellent point. "It's taboo to discuss" orgasms, she says, "but it's important." Yes it is, sister. But to make sure this show doesn't get too pro-woman, the producers hype up this o-talk before and after each commercial break.

And finally, we get part three of the formula: Catfight!

This show has survived 21 seasons, plus spin-offs, plus a cynical exposé, *UnReal*. And yet it chugs along, because if it ain't broke...

To paraphrase a toast Homer Simpson once gave about alcohol: "To love. The solution to, and cause of, all life's problems."

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Leaps and bounds to a musical break



David Lindo-Reid is a Sheridan College student who is currently performing in the ensemble of the Broadway-bound musical *Sousatzka* in Toronto. COURTESY BRAYDEN SWIRE

WORK & EDUCATION

A Sheridan student relishes working with his dance icon

Melita Kuburas
Metro | Canada



When David Lindo-Reid was a university student in his native home of Kingston, Jamaica, his mom would joke: "Well, he majors in extra-curricular activities."

That's because his main focus at that time wasn't his full-time academic stream, management, but rather his true passion in life — the performing arts.

"All I did was sing, act and dance," laughs Lindo-Reid. The 25-year-old thinks back fondly on both receiving his management degree and *The Company Dance Theatre* where, in his spare time, he worked with artistic director Tony Wilson. "He really took me under his wing. I was 18 and I just started dancing three hours a day, three to four days a week," says Lindo-Reid, who is now in the ensemble for *Sousatzka*, a Broadway-bound musical currently playing in Toronto.

Sousatzka tells the story of a South African family who fled apartheid to settle in London, England, set in 1982. Producer Garth Drabinsky describes it as "a musical about God-given genius, the sacrificial journey of refugees and the ultimate redemption of the human spirit to begin again." That theme should resonate with

many Canadians, and it's one Lindo-Reid wholeheartedly connects with.

He left Jamaica in 2013, marrying his Canadian partner on July 1 in New York City before moving to Canada at the end of that summer.

"I knew that I couldn't foresee a future being an openly gay person in Jamaica," says Lindo-Reid, recalling a traumatic high school experience during which he was cornered and threatened by other students when a rumour had spread about him being gay. He was only 14 at the time.

While he recognizes the LGBTQ community is making progress in that country now — the second pride parade was held in the country last year — there was another reason he wanted to move: his ambition to turn his musical theatre passion into a career. But it wasn't easy.

After getting accepted into the Sheridan College honours bachelor of musical theatre performance program, Lindo-Reid and his husband moved to Oakville, Ont. three days before orientation was to begin.

"We didn't have a lot of money. We literally grabbed the first place that we found once we arrived, which was a crappy basement apartment," he recalls.



"I grew up all my life singing. My grandfather, David Reid, was one of Jamaica's leading tenors. David Lindo-Reid, of his grandfather, David Reid

Once he was able to work in Canada, he took on three jobs: "I was a server at Kelsey's; I was housekeeping at the residence at school; and I was teaching dance part-time at one of my friend's performance companies."

The gruelling grind eventually paid off. When he found out *Sousatzka* was choreographed by one of his icons, Graciela Daniele, he knew he couldn't pass up the chance to audition.

Now, he is set to graduate from Sheridan with his class, while working closely with the Tony-decorated cast and crew. He plays several characters in the show, including a South African anti-apartheid activist and a young punk Londoner.

"I don't think there could have been a bigger show that I could have possibly done (while) not even out of school yet," he says.

Although his schedule is still packed — he performs eight shows a week, has three days of rehearsal and goes to class on Mondays — it's worth it as he works towards his long-term goals.

"I would love to go back to Jamaica at some point and really contribute as much as I can to young people who have a talent and want to get into musical theatre or performance."

ACTIVISM

A boost to B.C.-grown 'choi'



Wanyee Li
Metro | Vancouver

Advocates in Vancouver's Chinese community are helping local Chinese farmers and grocers survive in the face of gentrification in Chinatown, a place that was once an important hub for B.C. growers.

But developers are moving into the neighbourhood at a rapid pace and more than half of local-food businesses like green grocers, fish mongers, and butchers have closed up shop in the last six years, according to a study by the Hua Foundation. The non-profit was born from a 2009 awareness campaign against the use of shark fin in the food industry.

Gentrification is bad for local food security, said executive director, Kevin Huang. This is especially the case in Chinatown, where small grocers stock locally grown Chinese veggies, or 'choi', for most of the year, he explained.

"That raises a lot of concerns when real estate and affordability is pushing out small businesses," said the 31-year-old.

"If only corporations are able to survive in neighbourhoods, we



Kevin Huang says grocers like this one in Vancouver's Chinatown often sell B.C.-grown leafy greens, also known as 'choi' in Chinese. WANYEE LI/METRO

are impacting the whole food supply chain and the food economy that is local."

B.C.'s Chinese-vegetable economy is bigger than many think and it's because it operates largely in the shadow of mainstream businesses, Huang explained.

More than 90 per cent of produce grown in the Lower Mainland in the 1920s was cultivated by Chinese farmers in a system segregated by racist policies of the time, according to Kay Anderson, author of Vancouver's Chinatown.

Farming was one of the few occupations Chinese people were allowed to take up in those days, the geography professor said in an email to Metro.

While racist policies are no longer in practice, many small Chinese businesses are still wary of outsiders, said Huang.

"A lot of our partnerships including restaurants and green groceries still work off of this model of credibility and trust. That's one way the community protected itself against racist policies," he said.

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How to launch a clothing brand

WHY I LIKE MY JOB

Jeremy Watt, 34, Julie Brown, 33,
co-founders online clothing and lifestyle
brand Province of Canada, Toronto.

Watt: We originally studied graphic design — Julie went to college in Montreal, and I went to college in Toronto. We had various creative jobs throughout our careers, but we wanted to follow our passion and start our own brand. When Julie was working at Toronto retailer Au Lit Fine Linens as their creative director, we helped get them online. From that project, we decided to open our own business. Because we're both so passionate about fashion, we launched the clothing line Province of Canada. On a day to day, we could be editing photos that go onto the websites, to literally shipping the orders that come in.

Brown: A lot of our website traffic comes from social media, so we spend a lot of time curating our Instagram and social feeds. We also spend a lot of time designing our line for next season, working with the manufacturers who actually make the clothes and emailing customers.

Watt: Every day consists of a little bit of everything. On a more conceptual level, when there's just two of you, it's a mix of dreaming big in an entrepreneurial sense but also getting your hands dirty with these mundane tasks like packing orders.

Brown: I've spoken to a lot of people who run their own business, and some have business degrees and some don't, and a lot of what I hear is that what we're doing right now is our hands-on degree. You learn the most when you're doing it. No one can teach you experience.

Watt: For the TTC rider on a Monday morning think-



ing "I want to start my own business but have to go back to school," I would say 100 per cent you don't. It's worth the risk. I love the freedom to make my own decisions. It's super fulfilling to flap our own wings and see that what we're creating has value.

Brown: It's also really fulfilling to develop any product we want and to see our designs be successful.

THE BASICS: Online merchant

\$30,000

Starting salary for a small business owner, though successful small businesses can pull in upwards of six figures or more.

+8%

The amount of growth expected in this field over the next eight years.

Data for this feature was provided by payscale.com, onetonline.org and ontariocolleges.ca.

HOW TO START

People looking to launch their own small businesses online don't have to go to school for a business degree.

Many opt to start their own digital storefronts as a side business or a hobby, and learn their skills along the way, while others dive in head-first and learn through trial-by-error.

Those looking to go to school to further their education can pursue two- or four-year business degrees or diplomas, MBAs or even small business post-graduate certificates. Schools across the country offer these programs, and students will often learn a mix of learning of economics, accounting, marketing best practices and other foundational knowledge to starting a business.

WHERE YOU CAN GO

There are a number of platforms that let people sell their products online, such as Etsy or Ottawa's Shopify. The nature of online selling means people can pretty much work from any city in the country. The big requirements, of course, for setting up your own digital store, are a reliable internet connection and access to easy shipping.

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Canada's Cyle Larin scored the first-ever goal at Orlando City Stadium in Sunday's 1-0 win over New York City FC

Flames scorch Isles for 7th straight win

NHL

Calgary starts quickly with four goals in first period

The Calgary Flames are one of the hottest teams in the NHL right now but they know they're still not perfect.

Sean Monahan had a goal and an assist as the Flames beat the New York Islanders 5-2 on Sunday afternoon to earn their seventh straight win. Four of Calgary's goals came in a span of less than five minutes.

"You have to pile on as many points as you can on these streaks, but keep trying to get better," said Flames captain Mark Giordano. "The key now for us is to not let any parts of our games slip. Here and there you see a few mistakes that we shouldn't be making, but we have to clean those up and keep going forward."

Michael Frolik, TJ Brodie, Micheal Ferland and Kris Versteeg also scored for the Flames (36-26-4), who have also won three in a row on home ice at the Scotiabank Saddledome.

"It was nice to get those goals and to get them in the first period," said Monahan. "They didn't let up though. They kept coming, the Islanders there. They're a good team, so I think



Anders Lee of the Islanders is knocked to the ice by the Flames' Mark Giordano ahead of goaltender Brian Elliott on Sunday. JEFF MCINTOSH/THE CANADIAN PRESS

SUNDAY At Saddledome

5	2
FLAMES	ISLANDERS

we might've taken our foot off the gas a little bit and we definitely shouldn't have."

Making his fourth straight start in net for the Flames, Brian

Elliott made 33 saves to pick up his sixth straight win. Elliott has gone 7-0-1 since his last regulation loss on Feb. 5 when he made 28 saves during a 4-3 loss in New York to the Rangers.

John Tavares and Jason Chimera scored for the Islanders (30-23-11), who are in the midst of a nine-game road trip on which they have gone 3-2-1 so far.

"Obviously they're playing

with a lot of confidence and they had some jump playing at home with the way they've been playing," said Tavares, who thought the Islanders were playing well until Calgary's surge late in the first. "We had done an OK job up until that point, but then we just really shot ourselves in the foot. When you give up four goals like that, it's hard to win in this league."

THE CANADIAN PRESS

Weekend recap



Above: Tyron Woodley retained his 170-pound title with a lacklustre majority decision over Stephen Thompson in a defensive-minded main event at UFC 209 on Saturday night in Las Vegas. JOHN LOCHER/THE ASSOCIATED PRESS

Right: Canada's Meaghan Benfeito and Vincent Riendeau closed out the season-opening diving World Series with a bronze medal in mixed synchro 10-metre platform on Sunday in Beijing. LINTAO ZHANG/GETTY IMAGES

Below: DeMar DeRozan finished with 11 points, well off his season average of 27.9, in the Raptors' 101-94 loss in Milwaukee on Saturday night. TOM LYNN/THE ASSOCIATED PRESS



IN BRIEF

Inferno fall short of repeating as champions

Marie-Philip Poulin scored twice, including into an empty net, as the Montreal Canadiens claimed their fourth Clarkson Cup title with a 3-1 win over the Calgary Inferno on Sunday.

The win exacted some revenge for the Canadiens after the Inferno earned an 8-3 win in last year's Clarkson Cup, the Canadian Women's Hockey League championship. Last year was Calgary's first Clarkson Cup appearance.

THE CANADIAN PRESS

Johnson plays up to ranking

Dustin Johnson survived a few anxious moments on the back nine by playing mistake-free when it mattered to win the Mexico Championship in his debut as the No. 1 player in the world.

Johnson blasted out of a fairway bunker to the middle of the 18th green to secure a two-putt par for a 3-under 68 and a one-shot victory over Tommy Fleetwood of England.

Johnson became the fifth player to win in his debut at No. 1. THE ASSOCIATED PRESS

BRIEF

Manitoba, Canada atop early standings



Manitoba is 3-0 through five draws behind skip Mike McEwen. ANDREW VAUGHAN/THE CANADIAN PRESS

Manitoba's Mike McEwen and Canada's Kevin Koe lead the round-robin standings at 3-0 after five draws of play at the Tim Hortons Brier.

Both teams posted two wins on Sunday in St. John's, N.L.

McEwen beat the host province's Brad Gushue 8-4 on Sunday morning and then Jamie Koe of the Northwest Territories 6-2 at night. Kevin Koe topped Brad Jacobs of Northern Ontario 6-4 before using his last rock to beat Glenn Howard and Ontario 5-4 in the fifth draw.

Gushue, Saskatchewan's

Adam Casey, Northern Ontario's Brad Jacobs and Nova Scotia's Jamie Murphy were tied in third place at 2-1.

In Sunday's other games at night, Gushue defeated New Brunswick's Mike Kennedy 5-4 and Quebec's Jean-Michel Menard beat Murphy 10-6. McEwen topped Jamie Koe 6-2 and Ontario's Glenn Howard dropped a 5-4 decision to Kevin Koe.

Howard, Menard, Kennedy and British Columbia's John Morris were at 1-2 while Jamie Koe (0-3) and Bottcher (0-3) remained winless. THE CANADIAN PRESS

Canucks win on home snow

SKI CROSS

Thompson and Leman make it a sweep in final World Cup race

Marielle Thompson found herself in an unfamiliar position in Sunday's ski cross final — in second spot after winning her previous three heats in wire-to-wire victories.

But the most consistent ski cross racer on the planet simply bided her time as if she was stalking prey, and when she zoomed past Sandra Naeslund of Sweden halfway down the hill, a roar went up from the crowd at Blue Mountain Resort.

Thompson capped her thoroughly dominant World Cup season with a victory, and was presented with her third Crystal Globe as the season's overall champion.



Brady Leman
GETTY IMAGES

+ IN FINLAND

Harvey wins cross-country gold medal at worlds

Alex Harvey won the men's 50-kilometre freestyle cross-country ski race at the Nordic world championships Sunday.

Harvey, of St. Ferreol, Que., timed his final attack perfectly, taking the lead on the last corner and holding off Russian Sergei Ustyugov in the final sprint.

"I think any time I'm behind in a heat I just sit and try to be patient," the 24-year-old from Whistler, B.C., said. "I know there's that big long straightaway at the end and I just needed to wait for my chance and I'm glad it worked out in the end."

The victory was Thompson's seventh on the season, and kicked off an excellent day for Canada.

Canada finished 1-2 in the men's final with Brady Leman winning gold and Chris Del Bosco claiming silver.

Canada was presented with



Marielle Thompson of Whistler, B.C., left, captured her seventh victory of the World Cup ski cross season on Sunday in The Blue Mountains, Ont. MARK BLINCH/THE CANADIAN PRESS

the Nation's Cup as the top team on the season.

The solid result was the perfect final tune-up for the freestyle world championships which begin Tuesday in Sierra Nevada, Spain.

Leman, a 30-year-old from Calgary, was quick out of the

gate and never trailed in any of Sunday's four rounds of the event that sees four skiers race head-to-head down the icy run of treacherous turns and jumps.

"It's not often that you can win a ski cross like that (skiing from the front), because

everyone is so good," Leman said. "It's a cool feeling to be able to get out front and hold everyone off all day and just stick to the plan and execute."

Leman finished second in the overall World Cup standings. THE CANADIAN PRESS

IN BRIEF

Spurs and City hoping Chelsea slips after wins

In Chelsea's slipstream, Tottenham and Manchester City are amassing points and hoping the Premier League leaders collapse.

Harry Kane's double gave Tottenham a 3-2 victory over Everton to go seven points behind Chelsea on Sunday, while third-placed Manchester City is a point further back after sweeping to a 2-0 victory at Sunderland. Forwards Leroy Sané and Sergio Agüero got the goals for Pep Guardiola's men. THE ASSOCIATED PRESS

Jays lose to Rays with Stroman on the mound

Marcus Stroman allowed a run over 2-2/3 innings in his last spring start before the World Baseball Classic and the Toronto Blue Jays fell 5-3 to the Tampa Bay Rays on Sunday in Grapefruit League action.

Stroman, who will play for the United States at the WBC next week, gave up four hits and struck out three for Toronto (2-7).

THE CANADIAN PRESS

Harvick's pit-road blunder costs him Atlanta victory

Kevin Harvick ruined a dominating performance by going too fast on pit road Sunday, allowing Brad Keselowski to steal a NASCAR Monster Energy Cup victory at Atlanta Motor Speedway.

Harvick won the first two stages under NASCAR's new format and led a staggering 293 out of 325 laps overall. But, after a yellow flag came out when Austin Dillon lost power, the No. 4 Stewart-Haas Racing Ford eclipsed the 45 m.p.h. speed limit going into the pits for his final stop.

THE ASSOCIATED PRESS

Goggia gets better of Vonn

Sofia Goggia edged Lindsey Vonn into second place at a World Cup event for the second time in two days, winning the Super-G at the 2018 Olympic course in Jeongseon, South Korea on Sunday to follow her victory in the downhill.

Goggia of Italy finished 0.04 seconds ahead of Vonn in the Super-G, 24 hours after beating the 32-year-old American by 0.07 in the downhill to capture her career first World Cup win. Prior to this weekend Goggia had nine podium finishes without taking centre-spot. THE ASSOCIATED PRESS

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LGBTQ ISSUES

Trans wrestling champ doing his part to find line of fairness

A transgender boy who won a girls wrestling state title in Texas says he would compete against boys if allowed and is taking lower doses of testosterone to try to be fair to his opponents.

Mack Beggs said in an interview that aired Sunday on ESPN that he competes against girls only because the state's governing body for public high school sports requires him to wrestle under the gender listed on his birth certificate.

Asked if he was taking the amount of testosterone he wanted while transitioning to male, Beggs said he was "holding back because of wrestling."

"I want to do it fairly," he said. "I don't want to cheat. I don't cheat."

The 17-year-old Beggs won the 110-pound girls title as a junior at Euless Trinity High School in the Dallas-Fort Worth area. He could face a legal challenge during his senior wrestling season.

U.S. University Interscholastic League rules allow Beggs to compete while taking testosterone, but school superintendents and athletic directors voted overwhelmingly last year on the gender requirement.

"We asked them is it OK if this transgender, this trans male were to take testosterone while



Mack Beggs, top, competes against Mya Engert during a state wrestling tournament in Cypress, Texas in February. MELISSA PHILLIP/HOUSTON CHRONICLE/THE ASSOCIATED PRESS

transitioning and that's what we got. They can take it, but they can only compete on what's on their birth certificate," Beggs said. "That's when we were like, 'Well, then, there goes us asking if I can compete on the males.'"

Jim Baudhuin, an attorney and Dallas-area wrestling parent, has filed a lawsuit seeking to keep Beggs from competing against girls. The lawsuit mostly takes aim at the UIL for allowing Beggs to face girls while on testosterone.

After the lawsuit was filed, two girls forfeited their matches against Beggs at the regional tournament leading into the state meet. All four opponents

wrestled Beggs at state, but some parents complained that it wasn't fair. There were some boos in the crowd after Beggs won the state title.

Beggs said the girls who forfeited at regionals were forced into that decision by their parents. "It's not like I'm doing this because I want to, like, call myself a boy and just dominate all these girls," Beggs said. "What do I get out of that? I don't get anything out of that. I was put in this position. Change the laws and then watch me wrestle boys."

Beggs said wrestling became an outlet for him as he struggled with gender identity.

THE ASSOCIATED PRESS

MAKE IT TONIGHT

Comforting Slow Cooker Chicken Stew

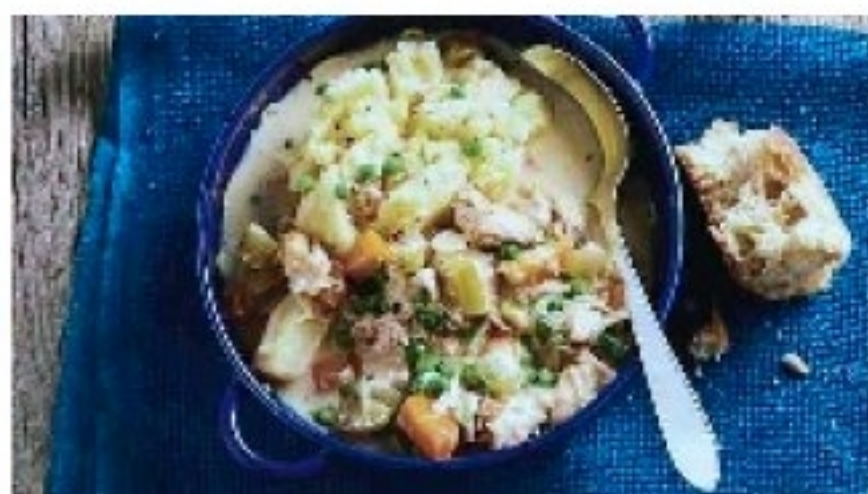


PHOTO: MAVA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

We're sad to say, it's not spring yet so you're still going to need some warming, rib-sticking dinners like this easy-peasy chicken dinner.

Ready in 6 hours 10 minutes

Prep time: 10 minutes

Cook time: 6 minutes

Serves 4

Ingredients

- 6 chicken thighs
- 1 potato, peeled and cubed
- 1 Tbsp vegetable oil
- 2 onions, chopped
- 4 stalks celery, chopped
- 2 carrots, peeled and chopped
- 1 Tbsp fresh thyme (1 tsp dried)
- 1 or 2 bay leaves
- 1/4 cup flour
- 2 cups low-sodium chicken stock
- 1 cup fresh or frozen peas
- 1/2 cup light cream

Directions

1. In a Dutch oven or high-sided skillet, sauté onions, celery and carrots in splash of vegetable oil for about five minutes.

2. Add flour, thyme and bay leaves and stir for a minute. Add stock and stir until smooth. Simmer for 3 or 4 minutes until sauce thickens.

3. Add the potatoes and a good pinch of salt and pepper.

4. Place chicken thighs in the bottom of slow cooker and spoon the vegetable mixture over. Seal and set for 6 hours.

5. Add peas and cream and cook for 10 more minutes. Serve plain or over mashed potatoes.

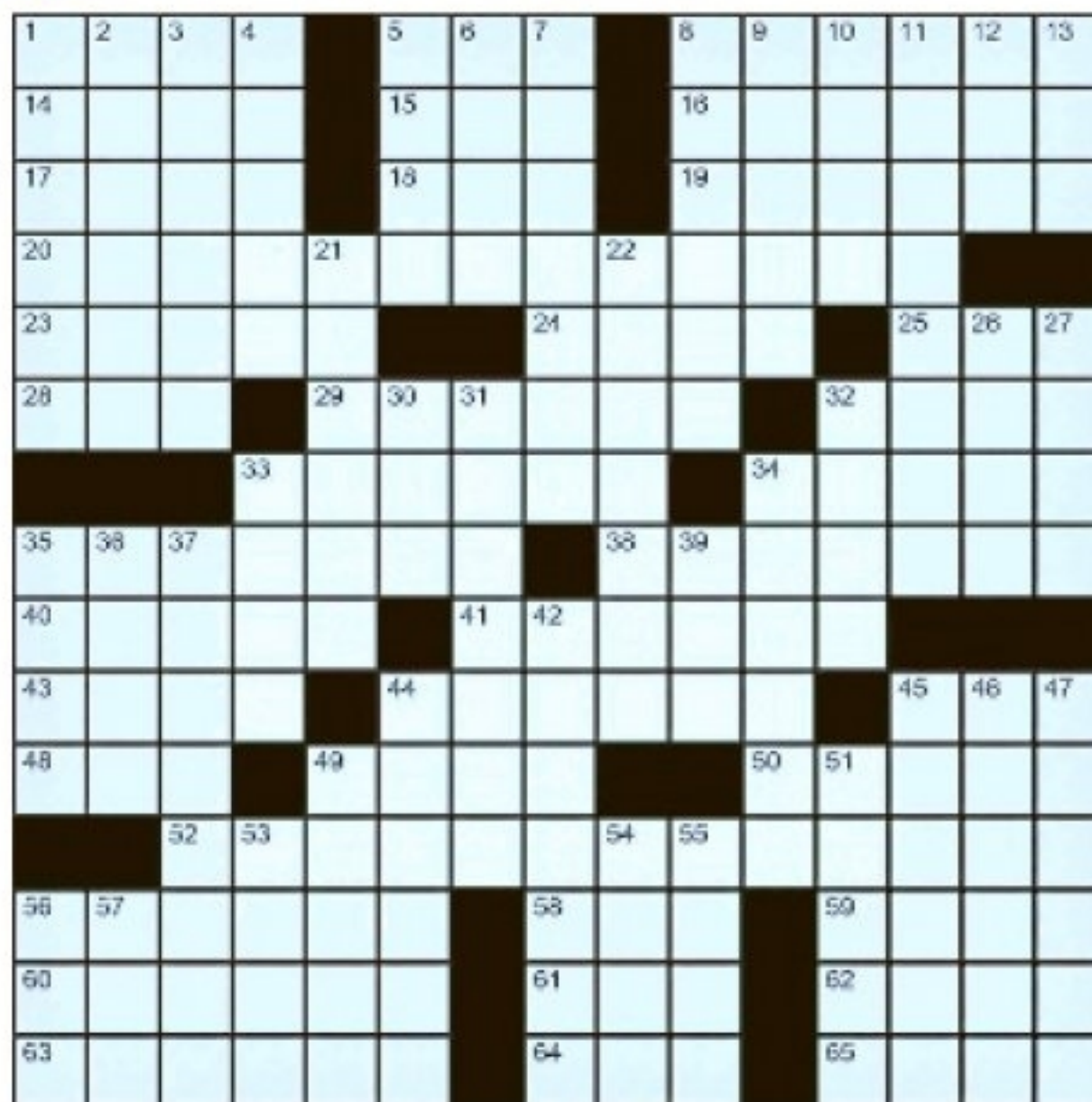
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- San Francisco's _ Valley
- Futuristic cards
- Climbing plant's one-of-some
- Fame
- Vivian of 'I Love Lucy'
- Word's opposite meaning word
- Got even
- Bible king
- Have ambitions
- The Phantom's name in Gaston Leroux's classic novel The Phantom of the Opera
- Socially belongs: 2 wds.
- Wine classification, Grand _
- Broom alternative
- Adjust the dial



- Greyish
- Ontario's provincial flower: 2 wds.
- Pauley Perrette's character on 'NCIS', Abby _
- Triste
- Sky bear
- Harvey of 'The Carol Burnett Show'

- Lacto- (Vegetarian type)
- Accelerated in the auto
- Leafy salad ingredients
- '_' for Newfoundland
- London, England's _ Park

DOWN

- WWII battleground Peninsula in the Philippines
- Identifying info on a bank statement, for short: 2 wds.
- Refined
- Writer, Sir Arthur

- Conan _ (b.1859 - d.1930)
- Columbus, _
- Politely tip one's hat
- Deny
- Gospel singer CeCe
- Training institutes, for short

- _ de boeuf
- Making mad
- Business: Co., in French
- Umberto _ (Foucault's Pendulum author)
- Stretch
- Short snoozes
- As soon as
- Unwanted plant
- 'Pick a card, _ card.'
- Caesar Salad ingredient
- Barn pointer
- Chess piece
- _ equinox
- 'Cough...'
- Pianist/conductor, Peter _
- Hidden trap activator: 2 wds.
- Gladiator's lucky number
- Rancher's hat
- Sofas-turned-beds
- What the happily-making-noise bird is
- Practiced eco-friendliness
- Bed, upon rising
- Tennessee football player
- Partially frozen colourful drink
- Canadian actor Mr. Cronyn
- Sitarist, _ Shankar
- Wedding vows: 2 wds.
- Film studio, Dream-Works _
- _ anglais (English horn)

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a great day to research anything or dig for answers. You will not stop until you find what you're looking for..

Taurus April 21 - May 21
Enjoy all your relationships with friends and members of groups today, because people are upbeat and glad to see you. Share your hopes and dreams for the future with someone to get his or her feedback.

Gemini May 22 - June 21
You are high-viz now, with the Sun high in your chart. This also means you look good to bosses and VIPs, which is why you should make your pitch. Ask for what you want.

Cancer June 22 - July 23
Make travel plans or do anything that will expand your life experience today, because you want to learn more and feel adventurous. What can you do?

Leo July 24 - Aug. 23
Discussions about shared property, taxes, debt and insurance issues will go well. This includes anything to do with inheritances and the wealth of your partner.

Virgo Aug. 24 - Sept. 23
This is a strong day for a heart-to-heart discussion with a partner or close friend. People are ready to meet you halfway, and vice versa.

Libra Sept. 24 - Oct. 23
Think of ways that you can get better organized both at home and at work. Not only will you be happy to be better organized, you also will want to do something to improve your health.

Scorpio Oct. 24 - Nov. 22
This is a playful, fun-loving creative day for you. Enjoy sports events, activities with children, the arts and all social diversions.

Sagittarius Nov. 23 - Dec. 21
A conversation with a parent could be significant today. In either case, you will focus on home, family and your private life.

Capricorn Dec. 22 - Jan. 20
Listen to yourself today. Make a point of being clear in all your communications with others. People want to hear what you have to say.

Aquarius Jan. 21 - Feb. 19
You are giving thought to cash flow, earnings and your assets today. That's because you're giving yourself a report card that is based on earnings and wealth.

Pisces Feb. 20 - March 20
All your dealings with others today will be quite successful, because you are coming from a strong space. Your confidence is obvious, which is why others will listen to you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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